



Palencia Resident Is Making Sure No Student Goes Hungry



Palencia mom Carlye Koehler began leading Blessings In A Backpack during the 2020-2021 school year at Palencia Elementary School. Koehler said the best way community members can help Blessings In A Backpack is to give monetary donations to buy the specific items needed in bulk so that no food goes to waste.

One could say that Palencia mom Carlye Koehler is a blessing to many but especially to the kids at Palencia Elementary School (PES) who rely on the Blessings In A Backpack program to provide them with food and nutrition.

Koehler, who has three children at PES, Bennett, Holden and Lennon, began volunteering with Blessings In A Backpack when the family moved to Palencia three years ago. She began leading the PES Blessings In A Backpack in the 2020-2021 school year.

Blessings In A Backpack is a national organization and PES volunteers work with the lo- See More On Page 4

Palencia Nease Seniors Launch "Panther Paws"

The Senior Class of 2022 at Nease High School has been hard at work starting what they hope will become a new school tradition, the Senior Panther Paws project.

The project focuses on three core tenets: Elevating school spirit, building camaraderie among the seniors and



raising funds for future senior activities. See Full Story on Page 10.

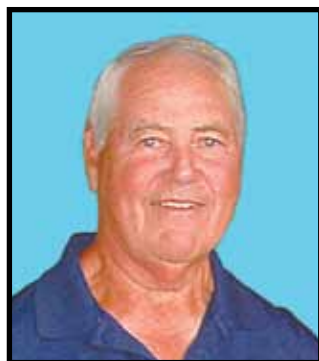
Above, Palencia resident Saylor Minock shows off her version of a pink panther paw.



At left, Palencia resident Ranya Benchaaboune paints a paw in Nease School colors.

Palencia POA Contributes \$75K To Marshall Creek CDD

By Dan Dickman, President, Palencia POA



A \$75,000 check was presented to the Marshall Creek CDD Board of Supervisors at their July 21st meeting. The presentation culminated the efforts of the PPOA and MCCDD who worked together for the betterment of the Palencia Community. Both Boards of Directors agreed that the contribution would be used to offset the cost of the recently completed improvement project of Palencia's Amenity Center Building. The grand opening celebration for this project was held in July.

By accepting the contribution, the MCCDD Board agreed to arrange a one-time street tree "lifting" along Palencia's roadways to give our neighborhood streets a uniform look and to prevent large trucks from colliding with tree branches overhanging the road. The street tree lifting is expected to get underway some time in November of this year and should take just a few months to complete. Keep in mind that this is a one-time only arrangement. It will remain the responsibility of each individual homeowner to maintain the street trees in front of their property. Since many of Palencia's street trees are now fairly mature, the number of necessary "lifts" or trims should likely become less frequent in the future.

Continued On Page 3



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Deadline for articles and information is always the 10th of the month. Views and opinions expressed are those of the writer and do not express the viewpoint of the publisher or editorial staff of the *Palencia Press*. All articles are subject to editing. **Acknowledgements:** This issue was designed using resources from Freepik.com.

Thought For The Day

“Live in such a way that you wouldn’t be ashamed to sell the family parrot to the town gossip.” -Will Rogers

“It wasn't that no one asked me to the prom, it was that no one would tell me where it was.” -Rita Rudner

Words Of Wisdom

“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.” -Matthew 11:28-30

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St. Augustine Travel Club Meetings
 The Southeast Branch Public Library is still in a Covid 19 operating schedule as it relates to use of their conference room gatherings. We anticipated a September start to our program; but it is going to be a month by month re-evaluation. We will advise when our travel club meetings can resume. Questions? Contact Peter Dytrych (904) 797-3736.

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Palencia Property Owners Association Contributes \$75K To Marshall Creek CDD

Continued From Page 1

Where did the \$75K Come From?

If you closed on a new built home in Palencia after September 1, 2012, either you or your builder contributed an amount of \$400 to an "Operating Capital Fund" which was set up by Palencia's Developer (Hines Corporation) pursuant to the "Fifth Amendment to Declaration of Covenants and Restrictions for Palencia." The Developer specified that these funds could be used for one of only three purposes; 1. For environmental education programs, 2. For a public school improvement foundation, or 3. For general community enhancement, all at the discretion of the Association's Board of Directors.



Mary Pat Stritof (PPOA Past President) and Dan Dickman (PPOA current President) present a check for \$75,000 to Howard Hoffman (MCCDD Chairman) as Kathy Moss and Monique Perna look on.

In the fall of 2020, the MCCDD and PPOA Boards agreed to look at opportunities to collaborate for the betterment of the community. After looking at several projects, the Boards agreed that the best use of funds would be to share the cost that the MCCDD expended for the improvements to the Amenity Center. Making these improvements would provide a unique recreational gathering place avail-

able for use by all Palencia residents. The contribution also helped free up funds to allow the MCCDD to arrange the street tree lifting which will help beautify our streets and make our community a safer place to reside.



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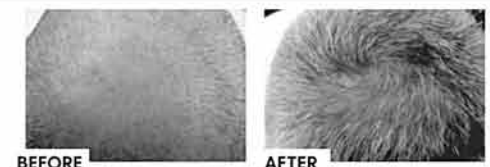
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Continued From Page 1

cal branch at the school, Koehler explained. The program is designed to help students who qualify for free or reduced lunch. The students are provided with meals and snacks to cover the days when they are not in school, such as weekends, school holidays and breaks. Koehler explained that “on a normal weekend” students receive two breakfasts, two lunches and two to three snacks. The teachers then make sure the items go home with the student in their backpacks at the end of each week.

“Although its easy to look around our neighborhood and hyper local area and think that we are all doing well...there is still food insecurity and need within our elementary school community,” Koehler said. “I am proud to know that with the help of our generous supporters, we are able to show these children and their families on a weekly basis, that we care about them.”

Koehler says she likes to think that the program helps to reduce the stigma around asking for help when you need it.

“There is no shame in needing extra help or support and there are so many wonderful ways that PES staff and volunteers are working to help our students,” she said.

“Food insecurity is an often overlooked problem and we are so proud to help our local families fill the nutritional gap that occurs over the weekend,” Koehler said.

Koehler said the best way community members can help Blessings In A Backpack is to give monetary donations to buy the specific items needed in bulk so that no food goes to waste.

“We have people that choose to make a one time donation, make automatic monthly donations as well as sponsor a child for a full year,” she explained.

Anyone wishing to make a donation can visit <http://palenciaelementarypto.weebly.com/blessings-in-a-backpack.html> for more information.

Koehler is also looking for middle and high school students who need vol-



Loaded van after a Blessings In A Backpack run to Costco for food items.

unteer hours and has a number of projects available for them. Middle and high school students interested in volunteering with the PES Blessings In A Backpack can contact Koehler at pes.pto.bib.coordinator@gmail.com for more information.



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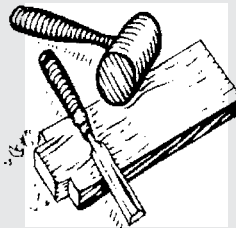
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Spotlight On Palencia People



Above, Jennie Morris, left, provides bookkeeping services for one of her clients, Carolyn Miko, owner of Miko Salon, 581 Market Street in Palencia.

For Palencia Resident Jennie Morris, It's All About The Numbers

Palencia Resident Jennie Morris has always been known as a "numbers person" even as far back as her high school days. Through the recent launching of her remote bookkeeping services company, 904 Bookkeeping, she is using her knack for numbers and finances to help businesses to be able to focus on serving their customers and running their business rather than the tedious bookkeeping or payroll aspects of the business.

Morris, who moved to Palencia 15 years ago from Nevada, has been certified as a QuickBooks ProAdvisor and has worked as a trainer for many years. Through 904 Bookkeeping, she offers her expertise as a cost effective way for businesses to outsource their bookkeeping needs, which can be very cost effective, she explained.

"Outsourcing bookkeeping services has always been effective but has recently become even more desirable and cost effective," Morris said.

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clean up, monthly or quarterly bookkeeping, payroll and sales tax if necessary," she explained. "I can fix your data to help reduce the time your CPA spends on preparing your tax return."

Morris strives to use a personalized approach and not a nine to five, Monday through Friday operation.

"Working as a remote/digital bookkeeper, I believe I have a lot to offer," said Morris. "I can work at your office or my home, whichever works best for the client. Those on QuickBooks Online obviously enjoy the remote capability, but you may just appreciate someone coming to your office regularly," she added.

Morris says with her services, there is no bouncing around from bookkeeper to bookkeeper. "You get me...and most importantly, you get control of your life and business," she said.

To find out more about the services 904 Bookkeeping offers, you can contact Morris at jenniemorris@me.com or at (904) 357-0801



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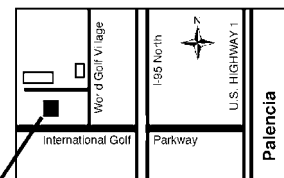
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Women's Golf In Full Swing For Fall Season

By Earline Barnes, President
and Laura Mayo, Vice President
Women's Golf Association of Palencia

The ladies golf group in Palencia held their annual election of new officers. We would like to introduce you to the new team: Earline Barnes, President, Laura Mayo, VP, Indy Nelson, Secretary, DeeDee Bandy, Treasurer, Pat Rose, New Membership Coordinator, Maria Cavanaugh, Technology Officer, Tricia Luciano, Sue Kansteiner and Louise Starmann, Board Members at large and Diane Robinson, Play-day Chair for 18-holers, and Louise Starmann, Play-day Chair for 9-holers.

Our informal Tuesday Night Summer league series of "9 and Wine" has come to an end. A special thanks to Marge Stancil for hosting the weekly get together. Ladies seemed to really enjoy the scramble format of playing 9 holes and then going in for a glass of wine and sharing some laughs.

Over the summer, many of you may have noticed that the Palencia Club grounds maintenance crew has been very busy working hard to complete many golf course upgrades. The maintenance crew planted a lot of sod, flowers and beautiful beach grass to enhance the beauty of the course. Many changes were made to a lot of the holes to enhance the play and beauty of the course. The crew just finished up their aeration and they have done a great job of getting the course ready for fall play. It's looking great and we hope to see a lot of new faces this fall playing with us.

Earline Barnes, our new President of the Women's Golf Association has been very busy planning out the events for the 2021/2022 year. She is very ex-

cited about continuing to grow the number of ladies participating in our group. The group is expanding the overall number of golf events to encourage more participation at all skill levels. In addition to the golf events, the team will also be kicking off some new social events in the fall that should be a lot of fun.

Judy Guarino and Cathy French, Co-Chairs for Opening Day on August 28th, did an outstanding job of delivering a very unique event. Based on an Olympic theme "Let the Games Begin" with a scramble format, players were set



Palencia WGA members Linda Hoffmann, Connie Brewer and Sandy Brandenburg.

up to mix up handicaps on each team. "We set up this year's opening day event to encourage ladies to meet new players and have a great time," said Judy. The opening day concluded with a nice lunch and prizes being awarded to the top teams. "Everyone really seemed to enjoy the scramble format and we have plans to continue these types of events to encourage more ladies to come out and play," said Cathy. So mark your calendars, for our Fall Day Scramble on October 28th.

Also, our two-lady Fall Match Play will be starting in October, so have fun playing until we announce the date

Continued On Page 7

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Women's Golf In Full Swing For Fall Season

Continued From Page 6

Members of the Women's Golf Association of Palencia pose for a group portrait.



when match play will start.

This year, we are looking forward to launching several social events throughout the year. We had our first social event on September 1st - "First Ladies Night Out" event. The event invited ladies to come spend an evening to see friends and meet new members, while having some fun. Ladies were asked to bring a gag gift to play "Let's Make a Deal." Ladies brought many funny gifts and they took a chance on trading their gift for a better one. It was a lot of fun and we have plans for more events in the future.

Rounding out our fall social calendar, we will be hosting a "Halloween Par-Tee" on Saturday night, October 30th, starting at 7 p.m.,

Members, spouses, and friends of WGA members can enjoy a fun evening of live music, hors d'oeuvres and dancing with the Groove Band (website: grovebandjax.com). Costumes are optional, but for those of you who enjoy getting into the Halloween Spirit, there will be a costume competition with prizes. Mark your calendars now because you won't want to miss this event and we expect it to sell out early. All ladies, spouses, and any friends of WGA members are

welcome to attend. Reservations for this event are required and need to be coordinated with the Palencia Club and WGA.

We would like to welcome two new members to our ladies golf group - Marge Stancil and Cathy Bodenweber.



Palencia ladies having fun in a 9-hole competition, Kathy Boyd, Jeanne Carr, Indy Nelson, DeeDee Brandy and Louise Starmann.

With the addition of these two ladies, the Women's Golf association has grown to over 75 ladies. We hope to continue to expand our group. The Palencia Women's Golf Association supports all levels of skill and play. We have two very active groups of ladies - 18 hole players and 9 hole players, as well as social members. If you would like to join or participate in any of our events, please feel free to reach out to: Treasurer.PalenciaWGA@gmail.com.

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PES Welcomes New Assistant Principal

By Tiffany Trivedi, Palencia Resident
Palencia Elementary PTO

The teachers and administrators have been busy focusing on the new school year at Palencia Elementary School as the students have settled into their new classes over the past few weeks. Teachers and administrators alike have spent the summer preparing to make the 2021/2022 school year as successful as possible for all our students. One of the largest responsibilities of our school administration is to ensure each and every position at PES is staffed with the best “pirate crew” possible.

One new and exciting addition to the PES staff is new Assistant Principal, Theresa Cooper. Cooper shared that she “was born and raised in Jacksonville, Florida and truly loves serving this community.” She graduated with a Bachelor’s degree in Exceptional Student Education and a Master’s in Educational Leadership from the University of North Florida. Education is a second career for Cooper as she was a stay-at-home mother for many years.

“I understand all students are unique with their own individual strengths and talents, as well as their own challenges,” Cooper said. “I believe all children can be successful when supported and given the right tools and strategies.”

There have also been many other additions to the PES staff this school year. The school enrollment total is now at 840 and as the school continues to grow each year, it’s been important to add staff to ensure each class stays supported in the right way. The new teachers include:

- Kindergarten: Kristin Alder, Sally Huster and Audra Schaney
 - Grade 1: Dana Kelly
 - Grade 2: Karen Frazier
 - Grade 4: Sarah Kontos
 - Grade 5: Nick Smith
 - Music: Neeraja Chandrasekharan
 - ESE teacher: Arlene Hernandez
 - PES Principal, Catherine Goodrich, is about to start her 6th year at PES.
- “As I enter my 6th year as a PES pirate leader,” Goodrich explained, “I can



Theresa Cooper is the new Assistant Principal at Palencia Elementary.

honestly say that this school community is like no other. Ms. Cooper and I are excited and are ready for a new year of learning and laughter.”

It’s also important to note that the PES administration is carefully monitoring Covid-19 guidance and will continue to make adjustments as needed. All parents should continue to visit the SJCSO website for the most recent information about what St. Johns County is doing to keep our students as safe as possible. <https://www.stjohns.k12.fl.us/>.

The PES PTO welcomes all new and returning parents to become part of supporting PES. For more information on how to get involved, please visit the Palencia PTO website at www.palenciaelementarypto.weebly.com.

- Save The Date**
- Mark Your Calendars for these fun-filled events at Palencia Elementary.
 - September 10th** - Boosterthon Fun Run at PES Field (Time to be announced)
 - September 16th** - PTO Meeting in the PES Cafeteria, 8:40 a.m.

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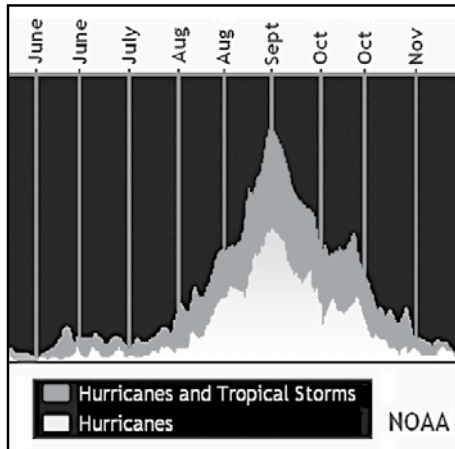
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Warning: September Is Peak Hurricane Season In Florida

Since we know June through November is hurricane season in Florida and, as the summer months progress, the chances grow that North Florida will encounter the worst of Mother Nature. Historically, the month of September is peak hurricane season in Florida.



A hurricane is a violent storm originating over tropical waters with sustained (constant) winds of over 74 miles per hour. The winds, as in tropical depressions and storms, blow in a counter-clockwise direction around the center. The diameter of these storms may range anywhere from 100 to 1,000 miles.

Hurricane forecasters have developed a disaster potential scale, which assigns storms into five categories. This ranking is called the Saffir-Simpson Hurricane Scale.

Eye - The center portion of the storm around which winds and rain rotate. Winds are calm and skies are clear or partly cloudy when the eye of a storm passes.

Storm Surge - A large dome of water

water, the higher the surge will be along the coast. Storm surge is the greatest threat to life and property.

Hurricane Wind Scale Summary Table

Category 1 - Winds 74 to 95 mph. *Very dangerous winds will produce some damage.*

Category 2 - Winds 96 to 110 mph. *Extremely dangerous winds will cause extensive damage.*

Category 3 - Winds 111 to 130 mph. *Devastating damage will occur.*

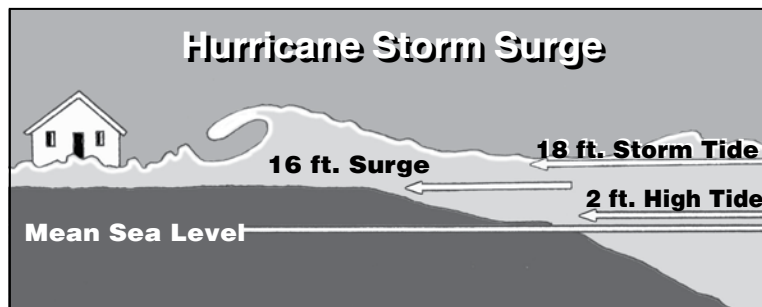
Category 4 - Winds 131 to 155 mph. *Catastrophic damage will occur.*

Category 5 - Winds over 155 mph. *Catastrophic damage will occur.*

Storm Tide - The combination of the storm surge and the normal astronomical tide.

Advisory - Advisory messages are issued by the National Hurricane Center, concerning all tropical depressions, tropical storms, and hurricanes. An advisory gives details as to where the storm is located, its intensity, its direction and its speed of movement. Precautionary measures are given for ships and coastal residents near the storm center. Advisories are broadcast over most radio and television stations.

Hurricane Watch - A hurricane watch is issued for coastal waters and immediate adjacent land areas when hurricane conditions are expected for the area within 36 hours. Hurricane conditions are sustained winds of 74 miles per hour or greater (64 knots) associated with a tropical cyclone.



often 50 to 100 miles wide that sweep across the coastline near where a hurricane makes landfall. The stronger the hurricane and the shallower the offshore

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Painting Panther Paws On The Pavement

By Laurel Madson, Palencia Resident

As summer wraps up and students prepare to head back to the classroom, the Senior Class of 2022 at Nease High School has already been hard at work, starting what they hope will become a new school tradition.

A big thank you to co-chairpersons Ashley Gabrielsen and Jaclyn Madson, who created, gained administration alignment, and executed the inaugural Senior Panther Paws project. The Panther Paws project focuses on three core tenets: Elevating school spirit, building



Panther paw painter Bailey Wise.



Senior Paws Committee Chairs and Creators - Jaclyn Madson and Ashley Gabrielsen.

camaraderie among the seniors and raising funds for future senior activities.

With support from Principal Kunze, immediately following the greenlight from administration, Jaclyn and Ashley formed a committee of seniors to help promote and sell the "Panther Paws" to be painted on the football stadium parking lot.

The committee is happy to report, more than 160 paws were sold for the class of '22. Each participating senior got to decorate and customize their paw, many of them highlighting their sport

or activity they have been involved in at Nease. Jaclyn and Ashley would like to send out an invitation to everyone reading this article to block out a Friday night this fall to come cheer on Nease football and see these Panther Paws live!

Visit NeaseAthletics.com for game schedules and times. GO PANTHERS!



Senior Paws Committee - Sam Dec, Canaan Kimball, Ryan Rustici, Jaclyn Madson, Rylee Moore, Courtney Conway, Ashley Gabrielsen and Jack McCormick.

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NEASE VARSITY ATHLETICS

SEPTEMBER 2021



SUN	MON	TUE	WED	THU	FRI	SAT
			1 -Swim vs Toccoi & St. Aug	2 -Boys Golf vs Episcopal	3 -Football vs Creekside	4
5	6	7 -Girls Golf vs Bartram -Volleyball vs Mandarin	8 -Boys Golf vs Fletcher -Swim @ Bolles	9 -Boys Golf vs Fleming Island	10 -Football vs Orange Park	11
12	13 -Boys Golf Fleming Island Inv.	14 -Girls Golf @ Creekside -Volleyball @ Pedro	15 -Swim vs Creekside	16 -Boys Golf vs Fletcher -Girls golf @ Bucholz	17 -Football @ Atlantic Coast	18
19	20 -Girls Golf vs Providence	21 -Girls Golf vs Bolles -Volleyball @ Yulee	22	23 -Boys Golf @ Palatka -Girls Golf vs PV -Volleyball vs Bishop Kenny	24 -Football @ Yulee -Driving conference meet	25 -Swim conference meet
26	27	28 -Girls golf @ SJRC -Tournament -Volleyball vs Bolles	29 -Boys Golf Fletcher Inv. -Volleyball vs Sandalwood	30 -Volleyball vs Fletcher		

For more info visit NeaseAthletics.com

Singles Ministry Kickoff Event In Palencia

A Palencia Singles Ministry kickoff event is planned for Saturday, September 4th at 12:30 p.m. The Christian singles group will have cornhole games, swimming and music.

A Bible Study social will start Wednesday, September 8th at 6:30 p.m. at 89 Mitad Circle in Palencia. The Bible Study will include "Kingdom Single" by Tony Evans.

Please visit the website www.aboutthelord.org for more information and to sign-up for events.

"About the Lord Ministries" is a network where Christians connect and interact with each other. The group strives to connect all Christians, all churches, of any denomination together to encourage, support and love with one another.



First Coast Card Club And Recreation Club

First Coast Florida Lifestyles Newcomers Card/Games Club Events

Sunday, September 5th. Card Playing. Coffee Cafe. St. Augustine. Arrival: 2 p.m. Cards: 2:15 p.m. Buy one item to cover sitting time. Masks worn.

Saturday, September 18th. Board Games. Coffee Cafe, St. Augustine. Arrival: 2:15 p.m. Games: 2:30 p.m. Buy one item to cover sitting time. Masks worn.

Saturday, September 25th. Card Playing. Dunkins Cafe. St. Augustine. Arrival: 2 p.m. Cards: 2:15 p.m. Buy one item to cover sitting time. Masks worn.

Tuesday, September 28th. Card Playing. Starbuck's Coffee, St. Augustine. Arrival: 2 p.m. Start: 2:15 p.m. Masks req.

Please contact Club organizers to RSVP in advance at 904-829-0643.

First Coast Florida Lifestyles Newcomers Recreation & Activities Club Events

Thursday, September 2nd. Preview Thursday. Musical: Once. St. Augustine. Performer instrumentalists. Lots of music in the show. Arrival: 7 p.m. Show starts: 7:30 p.m. Cost: \$17. Buy ticket(s) in advance. Masks worn.

Friday, September 3rd. Dinner/Ole Classics Rock N Roll Band. Orange Park. Arrival: 6:45 p.m. Big Fan following, be here early at dinner.

Sunday, September 19th. St. Johns County Comicon. Convention Center, St. Augustine. Cost: \$15. Arrival: 11:45 a.m. Begins: 12 Noon. Wear mask for safety.

Contact Club organizers. Call to RSVP in advance, how to join the Club, for the venues and addresses 904-814-9612.

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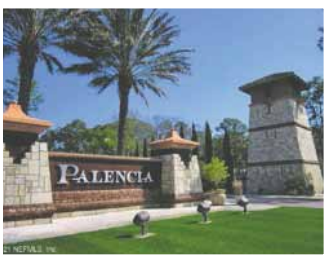
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Nease Cadet Amber Vidler Honored At Great Lakes Naval Station



Commander of Naval Service Training Command, Rear Admiral Jennifer Couture congratulates former Nease NJROTC cadet Amber Vidler as the Honor Candidate of the 316 officer candidates completing the four week New Student Indoctrination at Great Lakes Naval Station, Illinois on July 22. Vidler will be attending the University of Maine this fall on a Navy ROTC Scholarship.

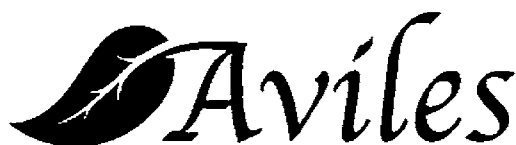
Newcomers Of North St. Johns Luncheon

By Michele Oliver

Newcomers of North Saint Johns (NNSJ) invites any resident of the St. Johns County area to our September luncheon on Tuesday, September 21, beginning at 11:30 a.m. at Queen's Harbour Yacht & Country, 1131 Queen's Harbour Boulevard, Jacksonville. The event features a delicious lunch and renown pianist Carl Grant. Doors will open at 11:00 a.m.

Cost for the luncheon and program is \$30 for members and \$35 for guests. All reservations must be received by September 10th.

Luncheon choices include Sweet Tea Encrusted Pork Loin, Herb Crusted Chicken or Pasta Primavera. If you are interested in a registration form for the luncheon, please contact Sue Aird at sjaird@comcast.net.



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Nease Cadets Complete Summer Leadership Training

By Captain Scott LaRoche. USCG (ret), Senior Naval Science Instructor, Nease High School NJROTC

Nease NJROTC, the Number One program in northern Florida and the state of Georgia, and the Number Two ranked program in the nation, strengthened its high-performing cadet leadership ranks as cadets completed significant training programs held across the country.



Nease NJROTC instructors and cadets completed the Area-12 Leadership Academy in Duluth, GA. Left to right, GYSGT Duane Hanson, Cadets Braden Holmes, Nicholas Gallego, Peter Lemos, Anthony Tucker, John Alves, Emmelie Neff, Hallie Spell, Isabella Rivera, Kaitlyn Boggs, Lauren Villarreal and Captain Scott LaRoche.

From June 9th to 17th, Kaitlyn Boggs, Gabrielle Espedido, Olivia Kerrick, Bernadine Olivier, Isabella Rivera and Harley Shuster successfully completed Florida Girls State in Tallahassee.



Nease cadets Christopher Debus, Donovan Chapman, Daniel Mahoney, Nate Fagen, Khush Gandhi, Brodie Mongon, Ben Prohofska and Juan Cervantes successfully completed the Florida Boys State program.

From June 20th to 26th, Juan Cervantes, Donovan Chapman, Christopher Debus, Nate Fagen, Khush Gandhi, Daniel Mahoney, Brodie Mongon and Ben Prohofska successfully completed the Florida Boys State program in Tallahassee. Cadet Fagen was elected as Attorney General and Cadet Gandhi was elected as Agriculture Commissioner.

From June 21st to 26th, Cadets John Alves, Nicholas Gallego, Braden Holmes, Peter Lemos, Emmelie Neff, Anthony Tucker and Lauren Villarreal completed the week-long intensive academic, physical fitness, drill and leadership training at Duluth High School in north Georgia. Cadets Alves, Gallego and Holmes received medals for outstanding Personnel Inspection; Gallego also received the outstanding Physical Fitness medal and Holmes received the top Academic medal. Senior cadets Kaitlyn Boggs, Isabella Rivera and Hallie Spell provided week-long leadership as cadre providing hands on training to the 26 trainees from six different schools.

From June 28th to July 2nd, Cadet Braden Holmes attended the U.S. Air Force Academy Advanced Cyber Camp in Huntsville, Alabama. Holmes serves as the captain for Nease's CyberPatriot competition team.

From July 11th to 16th, Cadets Kaitlyn Boggs and Isabella Rivera participated and graduated from the U.S. Coast Guard Academy Introduction Mission program in New London, Connecticut. Cadet Rivera received the award for top female athlete among the 250 trainees from around the nation.

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Polly Swindull

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By Norie Flowers, Palencia Resident
norie.flowers@outlook.com

Many of you have responded over the past several years on your desire to design a Florida landscape that attracts birds and butterflies, protects our Palencia marsh, and uses few or no harmful pesticides.

As we are all aware, increasing urbanization, coastal development and population growth continue to tax Florida's water resources. Per capita water use, particularly in the summer months, ranges from 124 to 150 gallons per day, with more than 50% of residential water used outside in our landscapes.

The definition of Florida-Friendly Landscaping™ in Florida Statutes, section 373.185 (adopted in 2009 in Senate Bill 2080) addresses "quality landscapes that conserve water, protect the environment, are adaptable to local conditions, and are drought tolerant." The principles of such landscaping were addressed in my August article and include planting the right plant in the right place, efficient watering, appropriate fertilization, mulching, attraction of wildlife, responsible management of yard pests, recycling yard waste, reduction of stormwater runoff and waterfront protection.

Florida-Friendly Landscaping is the application of these science-based practices for sustainable landscapes. As defined by law, the Florida-Friendly Landscaping™ Program promotes quality landscapes that are properly designed and maintained. If practiced, plants in this low maintenance environment will thrive.

The overriding goals of the Florida-Friendly Landscaping™ Program are to conserve water, preserve natural resources, and reduce water pollution.

The St. Johns County Extension Center has a program to recognize those home landscapes that are considered Florida Friendly. The program is led by certified Master Gardeners who visit each home landscape and evaluate all aspects, including home practices, in direct connection to the nine Florida-Friendly principles. Certificates and plaques are awarded to those who qualify for either a Silver or Gold recognition.

The evaluation and certification process is a positive experience for each client and the focus is on educational aspects, as well as the recognition itself and a beneficial learning experience for each home owner.

Recognition can be in the form of an individual home owner who would like to have a Florida-Friendly landscape or a fun competition among several home owners. As an example, an Anastasia



Island community of home owners are participating in a competition in September and October for Florida-Friendly landscape recognition. Winners will proudly display their plaques.

Florida-Friendly landscape recognition is not only vital for the state's ecosystem, but a positive statement for incoming new home owners who realize that their community supports and practices principles so critical to the sustainability of Florida's natural environment.

If you would like to participate in a landscape evaluation, please respond to my email listed above. More details will be explained in a follow up communication.

This is the best way to ensure that your landscape will thrive, so think about being a part of this positive experience and be recognized for a landscape that is Florida-Friendly!

Do you have landscape and/or gardening questions on which you would like help? I live in Palencia, so please email me at norie.flowers@outlook.com and I will answer you immediately. If you would like an in-depth article written on a topic you feel would be of interest to all Palencia residents, please let me know. The advice in this article is based on research from the University of Florida Institute for Food and Agricultural Sciences (IFAS) and the Florida 2020 Statutes.

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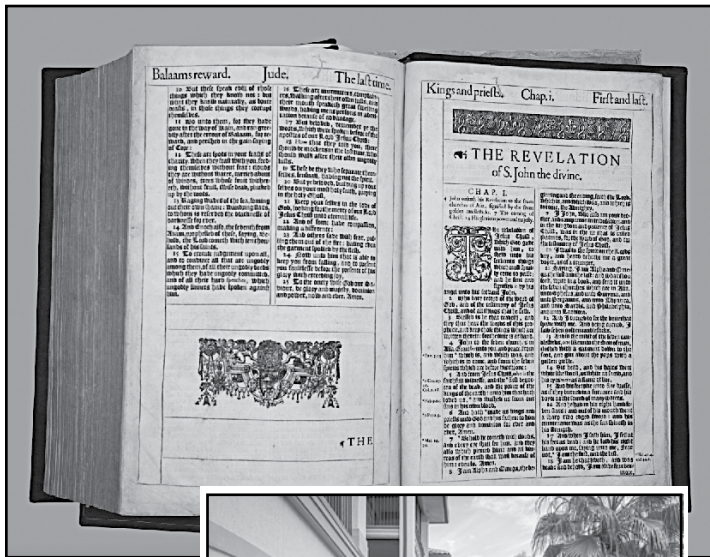
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Palencia's NTEB Bookstore Holding Antique Bible Reveal On September 14th

As the most widely read book in Western civilization, the Bible offers texts including theologically-focused historical accounts, hymns, prayers, proverbs, parables, didactic letters, admonitions, essays, poetry, and prophecies. Believers also consider the Bible to be a product of divine inspiration.

Palencia residents are invited to come and view an original, First Edition 5th printing of the King James Authorized Version Holy Bible from the year 1640, that has been preserved in stunningly good condition. This is The Book of the Protestant Reformation, as well as the Bible of the American Revolution.

The NTEB Bible Believer Bookstore, located at 701 Market Street in Palencia, will hold this very special one night only event on Tuesday, September 14th. The doors open at 6:30 p.m. on Tuesday, September 14th for this special showing. There will be a 30-minute presentation of the history of the King James Bible, and how it came into existence. The first 100 visitors will receive a leaf from a 16th century Bible as a free gift and there is no charge for admission to this incredible event. Visit the website at www.BibleBeliever.com for more information.



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Tips from Laura Baugh
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 The Palencia Golf Club
 laura@laurabaughgolf.com.

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2. Your left shoulder must turn under your chin.
3. You must transfer the majority of your weight to the right side.

Accomplish all three in rhythm and you will experience maximum distance. Try to do as many as possible and, slowly but surely, you will build power and "golf strength." Sequencing is important; you will notice your swing becoming more fluid with practice.

Continue to practice on consistent bases to retrain your muscles. If you get tired, stop, and come back later because a tired muscle tends to revert back to its old move. A shorter more concentrated practice with an "all in" approach produces quicker results.



You can do this, and trust me...it will be a KICK to gain more yardage!

If you want more information or help with distance in your golf game, please contact me at Laura@laurabaughgolf.com.

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The St. Augustine Travel Club will again be sailing the seas – well, not right now but planning - on Saturday, March 26 – April 2, 2022 on the beautiful Norwegian Escape out of Port Canaveral to the Eastern Caribbean ports of Puerto Plata (Dominican Republic), Tortola (British Virgin Islands), St. Thomas and Norwegian's private island Great Stirrup Cay in the Bahamas for a 7-day cruise. Prices start from \$1059.39 per person, double occupancy, for inside cabin, inclusive of all port fees and taxes. Balconies, Oceanviews and Studio Singles are also available at additional cost. Book now



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Road Trip

By Wrigley Steck
A Dog About Town In Palencia's Village

Riding in the four wheeler is a blast. I have a special cover that protects me from the seat and catches me if the bagman stops too fast. Most of the time we take short trips to the Olde City and visit our friends in the big box called the Depot.

Sometimes we go across the number #! road to the Stapler Store or the other box that is Lower. If I'm lucky, they take me to the dog store and I get a treat from the food lady.

But my favorite short haul is the beach. We go to the Serendipity place, and I get to chase the ball and swim in the big water with the waves. The bagman rides the surf and takes me into the deep, salty brine. The really great part is I know when we go back to Palencia, I'm going to get my desalinization experience! A whole hour of warm soapy water, a great soft rinse and a blow dry. Ahh, what a life! What a lucky lady I am. And those are just



the short four wheelies. Next time I'll take you on a real road trip. Stay cool and dry!

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Enhance Your Love Maps

By Michael Brown, MSC, LMFT
904-289-2954

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How familiar are you with your spouse's inner world? What do you know about your partner's history, concerns, preferences, worries and current world? How do you update your knowledge of your spouse's inner world?

In more than four decades of research with over 3,000 couples, Dr. John Gottman found that emotionally intelligent couples are intimately familiar with each other's world. He calls this having a richly detailed love map—his term for that part of the brain where you store all the relevant information about your partner's life. Another way to say this is that they have made plenty of cognitive room for their marriage. They remember the major events in each other's history and they keep updating their information as the facts and feelings of their spouse's world change.

Without such a love map, you can't really know your spouse. And if you don't really know someone, how can you truly love them?

Such knowledge also provides the fortitude to weather marital storms. Couples who have detailed love maps of each other's world are far better prepared to cope with stressful events and conflict. For example, the birth of the first baby is one of the major causes of marital dissatisfaction and divorce. Sixty-seven percent of couples in John Gottman's newlywed study underwent a precipitous drop in marital satisfaction the first time they became parents. However, the remaining 33 percent did not experience this decline—in fact, about half of them saw their marriage improve. What separated these two groups? The couples whose marriages thrived after the birth had detailed love maps from the start. These love maps protected their marriages in the wake of this dramatic upheaval.

So, how can you enhance your love maps? The process entails asking open-ended questions, and then remembering the answers. An open-ended question is

one that can't be answered with a quick "yes" or "no." Instead, it invites your partner to offer up his or her experiences, opinions and emotions. Asking an open-ended question demonstrates genuine interest in your partner's life and inner world. "Did you call the plumber today?" is not a question that tells you much about your partner's internal world. However, questions like, "How would you like our life to change in the next five years?" and "If you had all the money in the world, what would your dream house be like?" will reveal to you something entirely different about your spouse's inner world.



Getting to know your spouse better and sharing your inner self with your partner is an ongoing process. In fact, it's a lifelong process. If you need some prompts for open-ended questions, you can find a series of exercises for enhancing love maps in John Gottman's New York Times bestseller, *The Seven Principles*

for Making Marriage Work (1999, 2015). You can also find the Gottman Card Decks, which include the Love Maps and the Open-Ended Questions Card Decks, for free in the App Store or Google Play. You may want to incorporate these exercises into your daily life and/or return to them from time to time to update your knowledge about yourselves and each other.

Reference: Gottman, J.M., & Silver, N. (1999, 2015). *The Seven Principles for Making Marriage Work*. New York: Harmony Books.

Michael Brown is a Licensed Marriage and Family Therapist, Certified Gottman Therapist, Couples Workshop Leader, and Clinical Trainer in private practice in Bartram Park. He is currently providing both in-office and secure video appointments. For couples or family therapy or for more information, contact Michael at 904-289-2954 or visit www.happycoupleshealthycommunities.com.



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Frozen Shoulder

By Rob Stanborough
PT, DPT, MHSc, MTC, CMTPT, FAAOMPT
First Coast Rehabilitation
(904) 829-3411

Mayo Clinic defines frozen shoulder as, “a condition characterized by stiffness and pain in your shoulder joint. Signs and symptoms typically begin gradually, worsen over time and then resolve, usually within one to three years, also known as adhesive capsulitis.” Clinically, frozen shoulder usually presents with painful motion in all directions. The pain can be quite intense and the motion can be significantly limited, effecting everyday activities.

Mayo Clinic also states a frozen shoulder will most likely “thaw” or return to normal function within 1 to 3 years. But that is a long time to live with pain and/or be unable to lift or move an extremity. During that time the shoulder can grow weaker, compensations can develop and the pain can move into the neck.

Each synovial (fluid filled) joint is surrounded by what is called a capsule. The capsule helps hold the joint together, its reinforced by ligaments and supported by muscles. If the capsule itself becomes contracted or adhered, then treatment is difficult during the “thawing” period. But there is a growing body of research suggesting myofascial trigger points are a contributing factor, limiting the motion of the “frozen” shoulder as well as being a significant contributor to the pain. Muscles around the shoulder can be overloaded, developing myofascial trigger points and cause pain with motion in all, or nearly all, directions, thus mimicking a frozen shoulder. This same thing can also happen in other chronic painful shoulder problems.

In cases where the capsule is adhered, therapy can include several modalities for pain and manual therapy may be used in an effort to increase range of motion and function. But the capsule changes slowing and the process painful. The benefit of having a myofascial trigger point “frozen” shoulder vs an actual adhered capsule is the recovery. Pain is usually experienced with motion in all directions because the entire rotator cuff is usually involved. But trigger points are much easier to treat than an adhered capsule. Trigger points can be treated within a few treatments, often full motion can be restored and restoring function is quick.

The reason why the recovery is quicker and easier is because myofascial trigger points are in the muscle. They are sarcomere contractures that impede the blood flow, which in turn causes damage to the tissue. The tissue and cells respond by releasing pain producing chemicals, just as they would with any other trauma. But when the trigger point is treated and eliminated, the contracture is released, the muscle is restored to its normal length and strength, and the pain reduces or subsides.

If a patient has a true adhesive capsulitis, a history of a frozen shoulder that is ‘thawing’ or has thawed, myofascial trigger points may still be a contributing factor. And are just as easy to treat. Again, when the eliminated with a classic frozen shoulder, the pain can be reduced, produc-

ing a manageable pain level through the thawing period.

Trigger points are easy to find if you know what to look for. Our therapists at First Coast Rehabilitation have been trained in myofascial trigger point therapy, including dry needling. If you are experiencing constant or re-occurring shoulder pain, it could be, in total or part, from trigger points. If you suspect this is the case,




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Rob Stanborough was one of the first PT's to be permitted to use DN in FL and doing so since 2017. He has trained others in DN since 2010 both nationally and internationally as a Senior Instructor

for Myopain Seminars (www.myopainseminars.com). He is a co-owner of First Coast Rehabilitation, est 2006 (www.firstcoastrehab.com), has presented and published regarding DN and co-authored Myofascial Manipulation: Theory & Application, 3rd ed by Proed Inc.
















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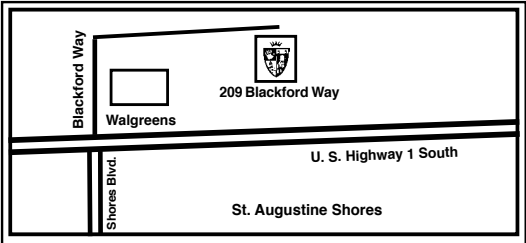
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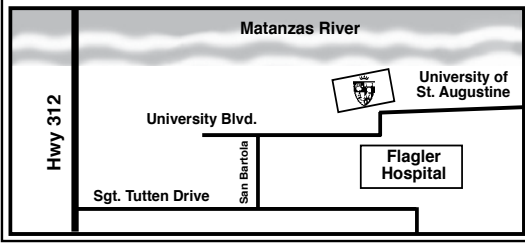
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Ideal Time To Spay/Neuter Your Pet

By Dr. Jacob Vencil, Veterinarian
Palencia Pet Clinic
904-824-1622

One of the most common questions we are asked by a new puppy owner is when the ideal time is for them to spay (female animals) or neuter (male animals) their new addition. Like many issues in medicine, unfortunately the answer is not always as straightforward as many pet owners would like. In this article I will discuss the issues surrounding timing of sterilization and how to make the best decision for you and your pet.

We typically separate spay/neuter ages into the categories of "early," "after puberty," or "after breeding." Early typically indicates sterilization before six months of age, after puberty indicates around one year of age, and after breeding is after a pet goes through a breeding program and/or pregnancy. Almost all cats fall into the "early" spay neuter category and are sterilized at or around six months of age. There have been limited studies to support or challenge this practice. Male and female dogs have had more research and therefore there are now several benefits/risks that are known based upon timing, so let's separate them into two discussions.

Male dogs are typically neutered to prevent them from creating unwanted pregnancies and to prevent testosterone-mediated behaviors such as roaming, marking, fighting, and dominance displays. Cancer prevention (which we will discuss when we talk about female dogs) is not a priority in the discussion of neutering. Dogs become skeletally mature (their bones are fully developed) at approximately 10 to 24 months of age, depending on the breed. A toy breed will be mature at a much earlier age than a

large breed dog. Dogs reach sexual maturity (the time at which they can reproduce) at approximately 6 to 18 months. This, of course means that before their bodies are fully grown, they are able to reproduce. Recent studies have shown that for large breed dogs, waiting until after one year of age may decrease the risk of certain orthopedic conditions by a small amount. If there is limited risk of accidental breeding, then delaying the procedure has relatively strong support from our available evidence, particularly for large breed dogs. There does not seem to be as much evidence to delay neutering in small breed dogs who are less likely to suffer from orthopedic conditions, however there is also no harm in waiting until they are older to perform the procedure.

Female dogs have a similar timeline for both skeletal and sexual maturity as male dogs. Due to their risk of estrogen-induced mammary tumors and uterine infections (pyometra), female dogs also have a few additional factors to consider. Early spaying will reduce the risk of mammary tumors significantly if done prior to their first or second "heat cycle," with a substantial increase in mammary tumors noted after going through the second heat. Due to this, small breed dogs may be better served to undergo an early spay as the risk of mammary tumors may outweigh the risk of orthopedic conditions.

For all pets (but especially female dogs) it is ideal to discuss the timing of their procedure with your veterinarian to ensure you have all of the available information.

Nation To Reflect September 11th 20th Anniversary

This September will be the 20 year mark since the September 11, 2001 terrorist attack on the United States.

A 20th Anniversary Commemoration will be held at the 9/11 Memorial & Museum with family members of 9/11 victims gathering to remember those lost and reading the names of 2,983 victims. Six moments of silence will be observed to remember the time the World Trade Center towers were struck and fell as well as moments of silence in observance of the attack on the Pentagon as well as the crash of United Airlines Flight 93 near Shanksville, Pennsylvania.



Mike Weitz

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Standing Together As We Remember 9/11

By Rev. Alan J. Liphart, M.Div
The Village Church
4229 Pacetti Rd., World Golf Village

From that day onward, life would never be the same again.

In the days after the disaster, life seemed to lose some of its luster. Many residents of the city spoke of a loss of innocence that would never return. The smoky haze, rising up from fires still not extinguished, made the sunsets more brilliant. But it also served as an aching reminder of all the people they had lost, in that one dreadful day.

It was the day the armies of Nebuchadnezzar, King of Babylon, burst through the gates of Jerusalem and ended the royal line of David and Solomon. Jehoiachin, the boy king, was soon packed off — along with his mother, all the members of the royal court, and 10,000 captives — to Babylon. None of them would ever see Jerusalem again. The temple, that wonder of wise old Solomon's reign, was burned, as were many of the houses in the city. Nebuchadnezzar set up his own puppet king, and Babylonian administrators moved into every civil-service job of any importance.

For Israel — the chosen people whom the Lord had led through the wilderness — this was a stunning and humiliating defeat. But more than that, it represented a spiritual crisis, for it was true what they said, life would never be the same again.

"How could we sing the Lord's song in a foreign land?" the disheartened exiles would sing (Psalm 137:4).

But Jeremiah showed them how. Jeremiah, that grim prophet of doom who had been about the only one sharp enough to see what was really happening and to sound the alarm, abruptly changed his tune and began preaching comfort: *"Build houses and live in them; plant gardens and eat what they*

produce ... But seek the welfare of the city where I have sent you into exile, and pray to the Lord on its behalf, for in its welfare you will find your welfare" (Jeremiah 29:7).

We find our welfare not in nurturing hatred but in looking to the needs of one another.

This September finds us recognizing an anniversary. Some anniversaries are celebrations, not this one. The prophet Isaiah has words that are appropriate for this anniversary. They not only take us back to 2001, but they point us to the future and lay a challenge before us. *"The Lord God helps me,"* says Isaiah; *"therefore I have not been disgraced; therefore I have set my face like flint, and I know that I shall not be put to shame"* (Isaiah 50:7). These words matched the attitude of our country in the days after 9/11. We turned to God for help and we found that God helped us. We showed unity and resolve, setting our faces "like flint" on the challenges of national security and respect for our brothers and sisters.

The challenge before us, 20 years after 9/11, is to "stand up together" (v. 8). We need to face our challenges as united Christians alongside other people of faith in a truly United States of America. But how do we do this? How do we overcome our polarization and stand together again, as we did after September 11, 2001? The quick answer is, with God's help and our willingness to stand together.

I will address this in my Sermon at the Village Church on September 12th as we remember those who lost their lives in the deadliest terror attack in recent history, strive to once again be truly united, and understand what our mission is in the world.



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Discipleship Pastor
Aaron Scott Long

Let us strive for the kind of unity that occurred after 9/11. But if we are unified in Christ, it will be permanent!



Finally, brothers and sisters, rejoice! Strive for full restoration, encourage one another, be of one mind, live in peace. And the God of love and peace will be with you.

-2 Corinthians 13:11

Palencia Residents! Send Us Your Newsworthy Notes

Are there any anniversaries marriages, engagements, military members, school or athletic awards in your family? Drop us a note about your family's good news along with a photo, if available. You may email the information to the following address: thepaper@comcast.net. Information received by the 10th of the month will be included in the following month's issue.

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4:00 pm

Sunday
8:00 am, 10:00 am, 12 Noon

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Saturday 3:15 - 3:45 pm
Holy days and Holidays - See website

West on International Golf Drive to State Road 16 and turn right. Go one mile to church on right.



Our Lady of Good Counsel Catholic Church
5950 State Road 16
St. Augustine, FL 32092
904-824-8688

Father Guy Noonan
Pastor

Teaching Your Kids Emergency Preparedness

By Craig Dewhurst, State Farm Agent, Palencia Resident

Weather emergencies may scare your kids, but helping them understand what to expect can help reduce the stress. Carefully go over your family emergency plan and teach them how to stay safe whatever the disaster.

Getting your family prepared for any disaster

Complete the following with your family so severe weather doesn't catch you off guard:

- **Create an emergency supplies kit, hurricane "go bag" and emergency car kit.** Include a three-day supply of water, nonperishable food, flashlights, blankets, and kid-friendly activities. The Red Cross also provides a listing of emergency supplies to help you prepare.

- A hurricane "go bag" is a backpack, duffle bag, or small suitcase with essentials to survive a few days away from home. Consider the following: change of clothes, toiletries, copies of important documents and identification, extra set of keys to your home, and prescription medications.

- **Practice your emergency plans.** Include two evacuation routes, a safe room, and two different meet-up locations — and make sure to practice so kids can run through it calmly.

- **Run through the basics.** Kids should know how to call 911, identify themselves, identify their location, reach emergency contacts, and get to predetermined safe locations.

Teach your kids the various severe weather conditions

Teach your kids about the different natural disasters and how to react in each.

- **Severe thunderstorm.** If you have

advanced notice that a severe storm is heading your way there are ways to be more prepared. If a storm is sudden, go indoors if you see lightning or hear thunder, and don't use items that plug into electrical outlets. Avoid using running water, as faucets can conduct electricity.

- **Hurricane.** When you know a hurricane is expected, prepare your home for the possibility of impact. During the storm stay away from glass windows and doors, and be ready to follow hurricane evacuation instructions from emergency officials if necessary.

- **Flooding.** Don't go into flooded areas. Just six inches of moving water can knock you off your feet, and standing floodwater could be contaminated or contain sharp objects. If your car is affected in the storm, assess the damage.

- **Tornado.** If you are in the path of a tornado, go into a tornado safe place. This is typically the lowest level of the building and stay away from windows, doors and outside walls. If you are outside with no car or nearby shelter, lie down in a ditch and protect your head.

- **Earthquake.** Practice the "Drop, Cover and Hold On" method, and learn to recognize safe places in each room at home and at school.

Also, being prepared with a home inventory might be helpful if you need to file an insurance claim in the case of lost or damaged possessions, help secure a settlement, and prove useful when verifying property loss for taxes.

For more information about disaster preparedness and loss mitigation, contact Palencia neighbor, and local State Farm Agent Craig Dewhurst at 904-940-9740.

treat yourself

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Have a great School year!

Craig Dewhurst, 20+ Year Agent & Palencia Resident

315 W. Town Place, Suite 4, St. Augustine

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